



BOWFLEX®



Gym Style Ab Crunch Station Owner's/Assembly Manual

Congratulations on your commitment to fitness and your purchase of the Bowflex® Gym Style Ab Crunch Station accessory. Before assembling your Bowflex® Gym Style Ab Crunch Station, please read the Owner's/Assembly Manual and follow the Important Safety Precautions.

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Important Safety Precautions

IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word "WARNING" found throughout this manual:

| | |
|--|---|
|  WARNING | Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury. |
|--|---|

Prior to using this equipment, observe the following warnings.



1. Read and understand the complete Owner's Manual for this accessory equipment. Refer to your original Owner's Manual for your Bowflex® home gym for a list of general warnings. If you do not have the Owner's Manual, please contact Nautilus, Inc. at 1-800-628-8458 for a replacement copy.
2. Keep children away from this machine and / or supervise them closely if they are near the machine or present during its operation. This machine is not suitable as a children's toy. There is a natural tendency for children to want to play on exercise equipment and parents and other in charge of children should be aware of their respective responsibilities. Moving parts that may appear to present obvious hazards to adults may not appear to do so to children. Keep the Power Rod® resistance rods bound when they are not in use to immobilize the machine.
3. This machine is designed for a User's Weight Limit of 300 pounds (136 kg). Do not use if you are over this weight.

Safety Warning Labels

There are no warning labels on the Gym Style Ab Crunch Station attachment itself. Once the Gym Style Ab Crunch Station is installed, pay attention to the warning labels located on the Bowflex® home gym. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Bowflex® Representative at 1-800-864-1270.

Before You Assemble

Please take the time to read all assembly instructions before attempting to assemble and install your Bowflex® Gym Style Ab Crunch Station accessory.

Basic Assembly Principles

Here are a few basic tips that will make your assembly of the Bowflex® Gym Style Ab Crunch Station quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

1. To make the assembly process go faster, gather the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
2. When tightening a locknut on a bolt, use a wrench to grip the locknut and ensure that it is fastened securely.
3. When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
4. As a general rule, and for all bolts and nuts on your Bowflex® Gym Style Ab Crunch Station, turn bolts or nuts toward the right (clockwise) to tighten and left (counterclockwise) to loosen. Or you can remember the mnemonic: "Righty tighty, lefty loosey."

Hardware and Tool Guide

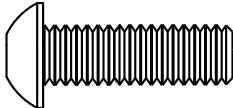
Tools Required:

- 9/16 Socket
- 9/16 Wrench or Adjustable wrench
- 7/32 Hex Wrench (provided)
- 3/16 Hex Wrench (provided)

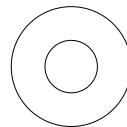


Hardware:

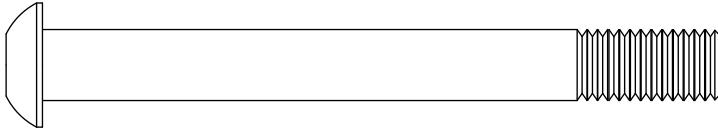
Hardware card also includes Lock Knob and Seat Locking Pin.



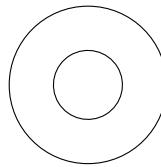
Descr: Allen Bolt - 5/16 x 1
Qty: 4



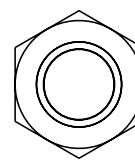
Descr: Flat Washer 5/16"
Qty: 4



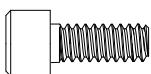
Descr: Allen Bolt - 3/8 x 3 1/2
Qty: 2



Descr: Flat Washer 3/8"
Qty: 4

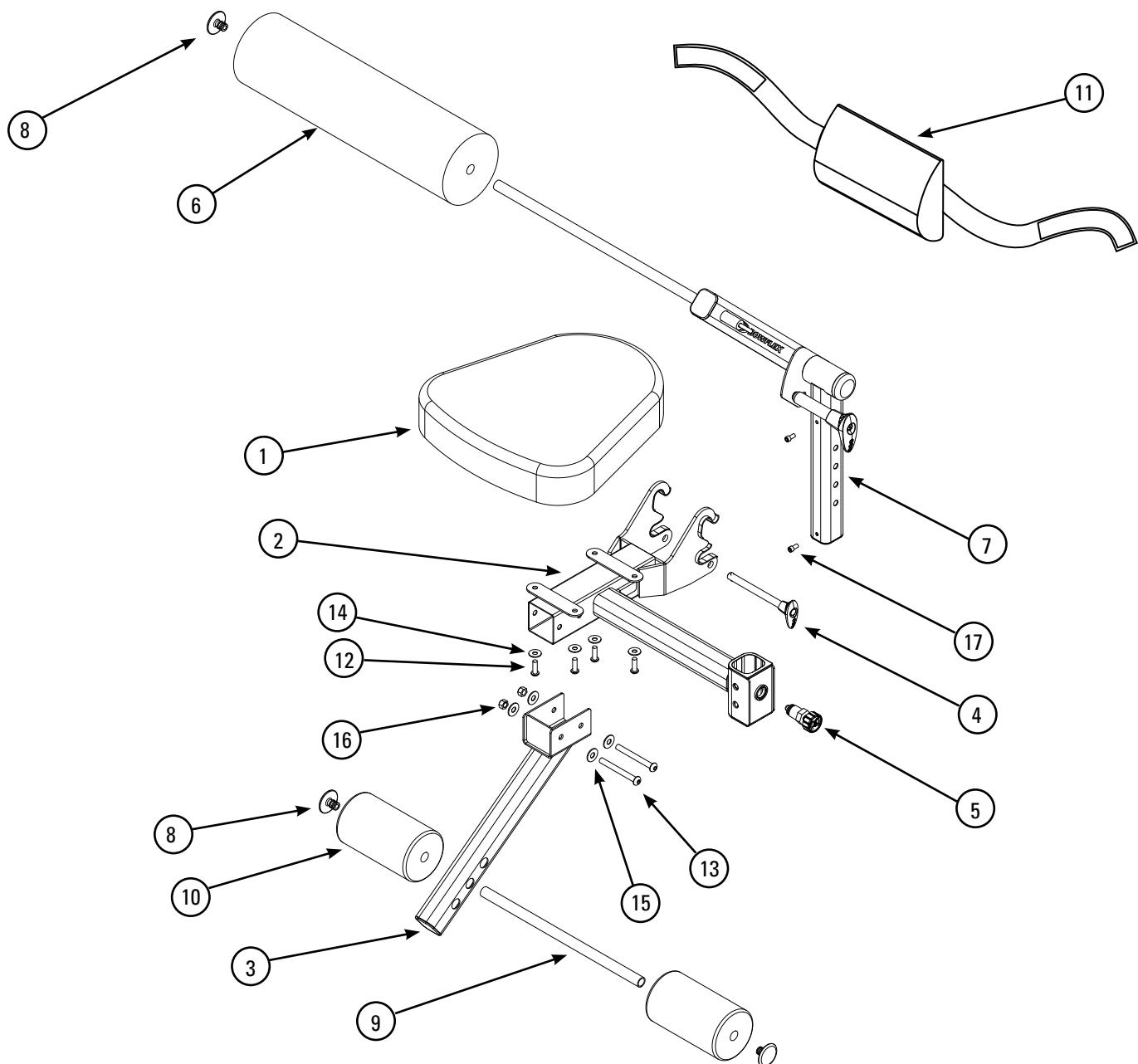


Descr: Lock Nut 3/8"
Qty: 2



Descr: Bolt - 1/4 x 1/2
Qty: 2

NOTE: Illustrations not to scale.



| <u>Item #:</u> | <u>Qty:</u> | <u>Description:</u> | | | |
|----------------|-------------|---------------------|----|---|--------------------|
| 1 | 1 | SEAT BOTTOM | 12 | 4 | 5/16 X 1" Bolt |
| 2 | 1 | SIDE SUPPORT | 13 | 2 | 3/8" X 3 1/2" Bolt |
| 3 | 1 | LEG EXTENSION | 14 | 4 | 5/16 Flat Washer |
| 4 | 1 | SEAT LOCKING PIN | 15 | 4 | Flat Washer 3/8" |
| 5 | 1 | LOCK KNOB | 16 | 2 | Nut, Nylock 3/8" |
| 6 | 1 | PAD | 17 | 2 | 1/4 X 1/2" Bolt |
| 7 | 1 | UPPER ASSEMBLY | | | |
| 8 | 3 | END CAP | | | |
| 9 | 1 | EXTENSION TUBE | | | |
| 10 | 2 | FOAM ROLLER PAD | | | |
| 11 | 1 | LUMBAR SUPPORT PAD | | | |

Assembly Instructions

STEP 1: Seat Assembly

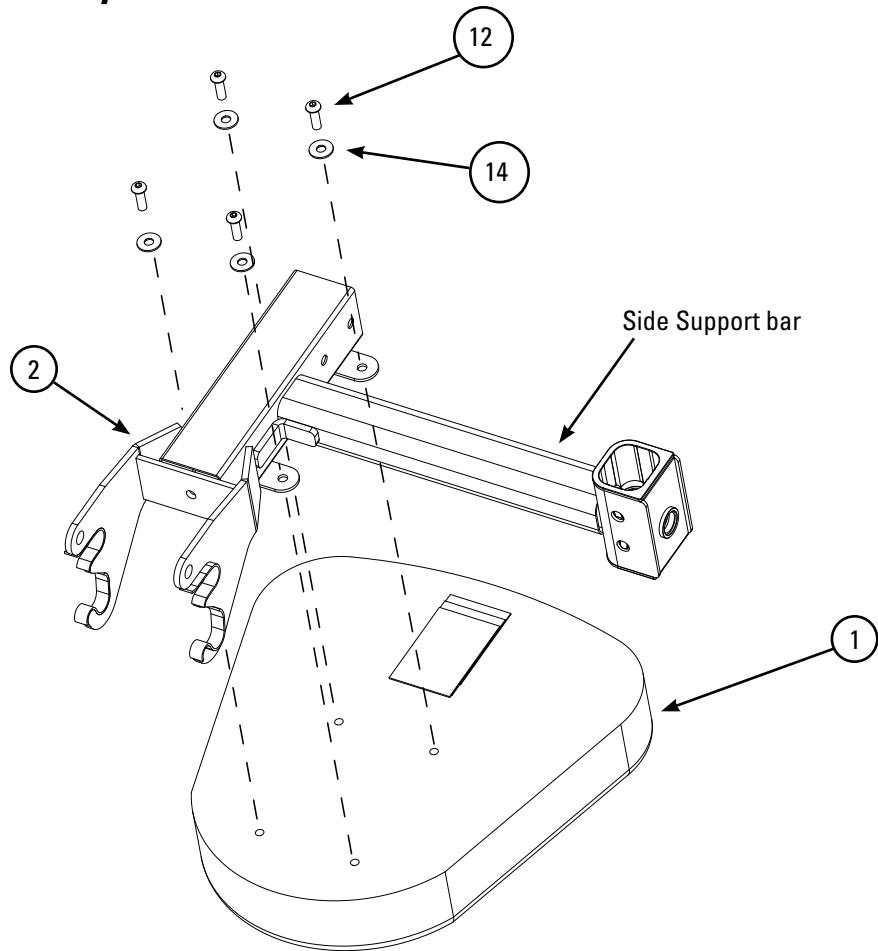


Figure 1

Parts:

- (1) Seat Bottom - Item 1
- (1) Side Support - Item 2

Hardware:

- (4) 5/16 X 1 inch long - Item 12
- (4) Flat Washer 5/16 inch - Item 14

Tools:

- 3/16 Hex Wrench

Assembly Steps:

- 1-1 Lay the Seat Bottom (1) on the floor, seat cushion down, with the narrow back of the seat toward you.
- 1-2 Position the Side Support (2) so that the bracket is toward the back of the Seat Bottom and the Side Support bar extends to the right side.
- 1-3 Attach the Side Support (2) to the Seat Bottom (1) using the hardware shown. See **Figure 1**.
- 1-4 Tighten hardware.

STEP 2: Leg Extension Assembly

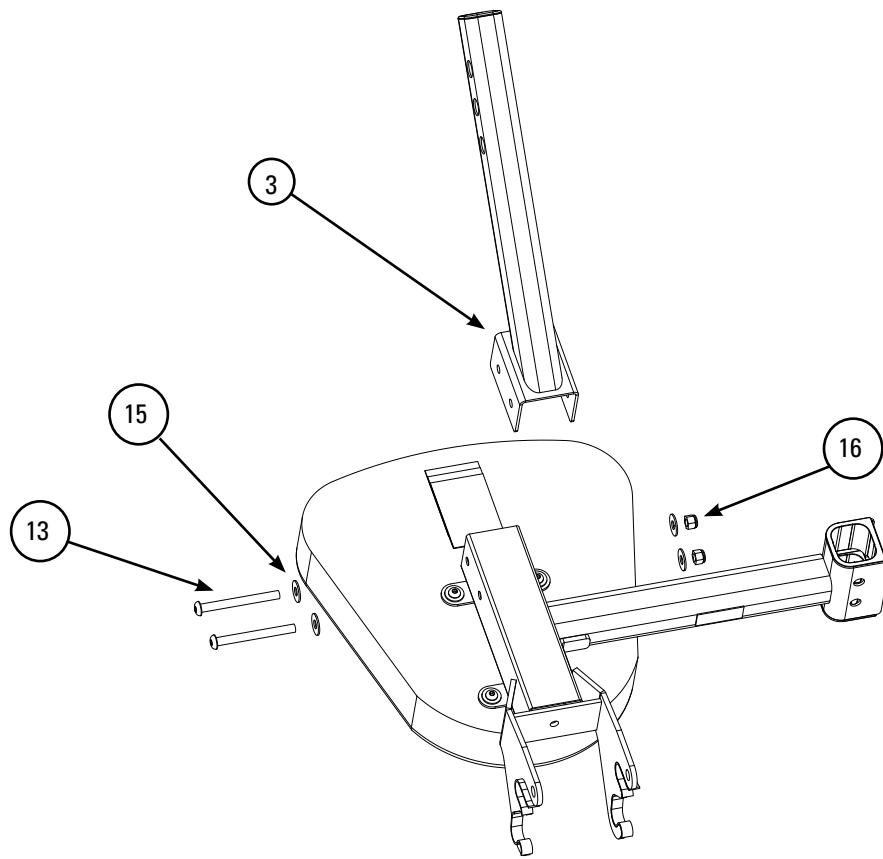


Figure 2

Parts:

- Seat Assembly from Step 1
- (1) Leg Extension - Item 3

Hardware:

- (2) 3/8 X 3 1/2 Hex Bolts - Item 13
- (2) 3/8 Flat Washers - Item 15
- (2) 3/8 Nylock Nuts - Item 16

Tools:

- 7/32 Hex Wrench
- 9/16 Socket/Wrench

Assembly Steps:

- 2-1 Attach the Leg Extension (3) to the Seat Assembly with the hardware shown. See **Figure 2**.
- 2-2 Tighten hardware.

Assembly Instructions

STEP 3: Install Seat Assembly on Seat Support Rail

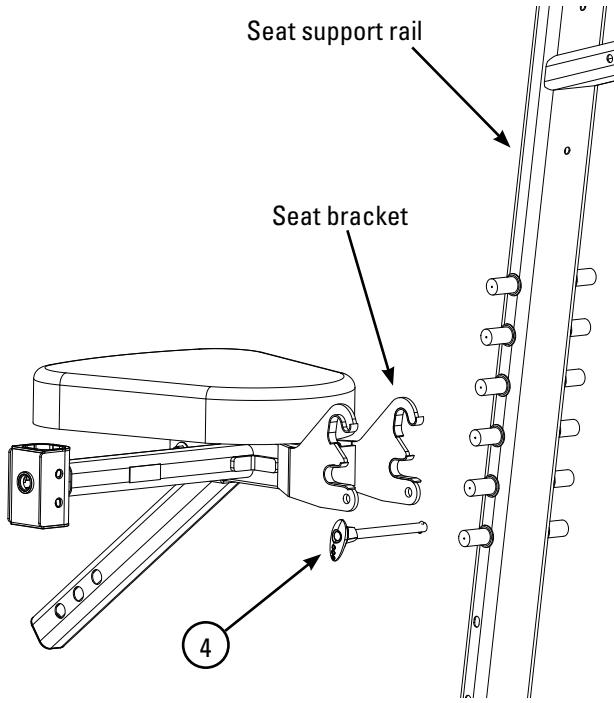


Figure 3a - Seat bracket and seat locking pin

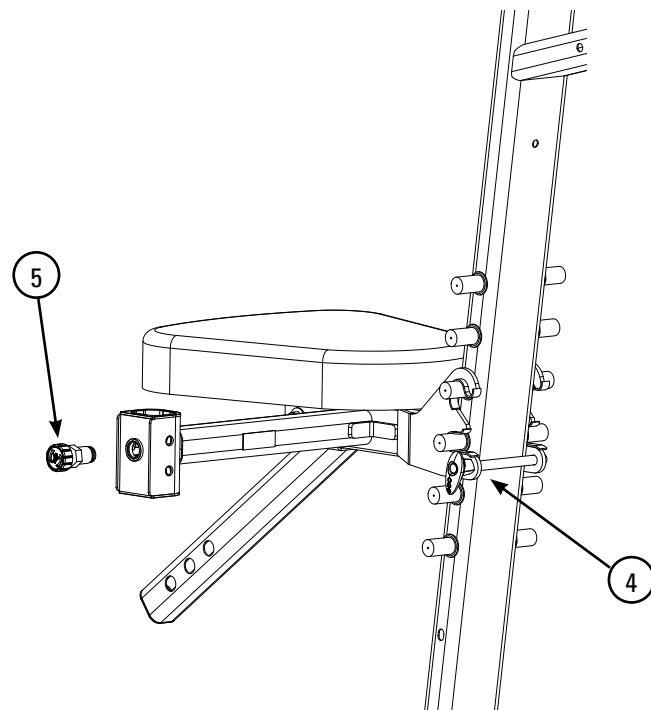


Figure 3b - Seat Assembly secured on Seat Support Rail

Parts:

- Seat Assembly from Step 2
- Seat Locking Pin - Item 4
- Lock Knob - Item 5

Assembly Steps:

- 3-1 Install the Seat Assembly on the home gym's Seat Support Rail. See **Figure 3a** and **3b**.
- 3-2 Secure the Seat Assembly with the Seat Locking Pin (4). See **Figure 3b**.
- 3-3 Install the Lock Knob (5) in the end of the Side Support bar. See **Figure 3b**.

STEP 4: Attach Pad to Upper Assembly

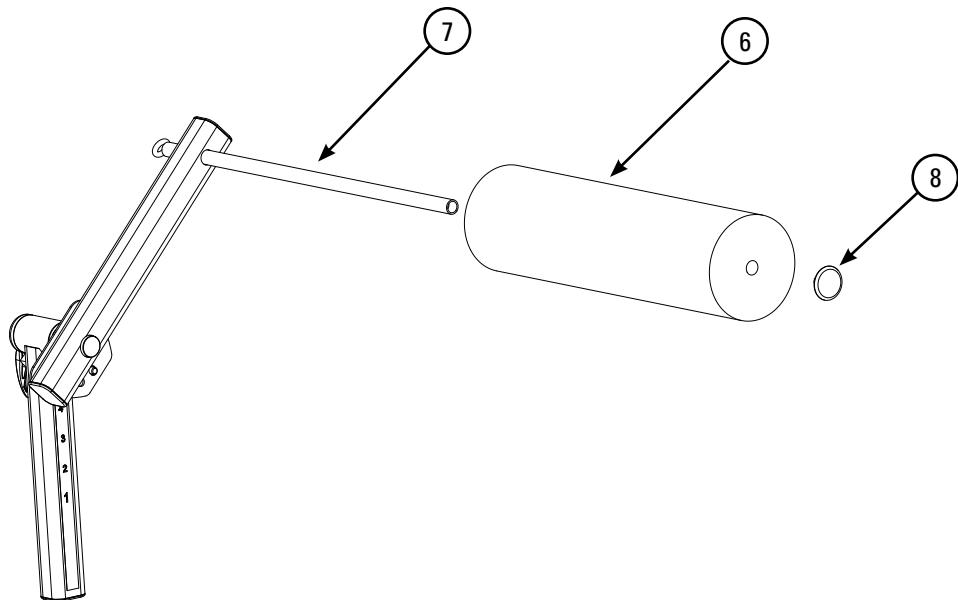


Figure 4

Parts:

- (1) Pad - Item 6
- (1) Upper Assembly - Item 7
- (1) End Cap - Item 8

Assembly Steps:

- 4-1 Slide the Pad (6) onto the Upper Assembly (7) tube and secure with the End Cap (8). See **Figure 4a**.

Assembly Instructions

STEP 5: Install Upper Assembly

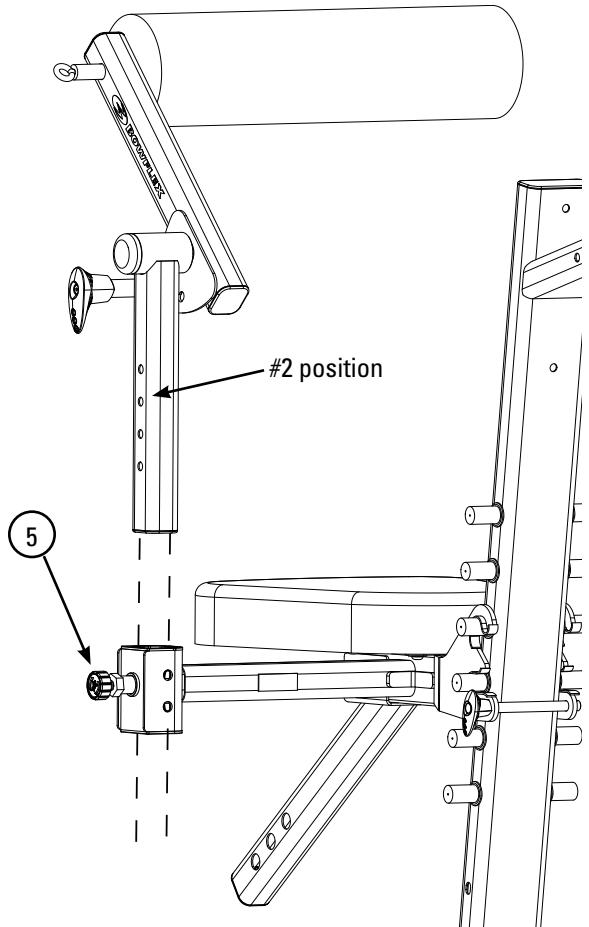


Figure 5a - view from behind seat

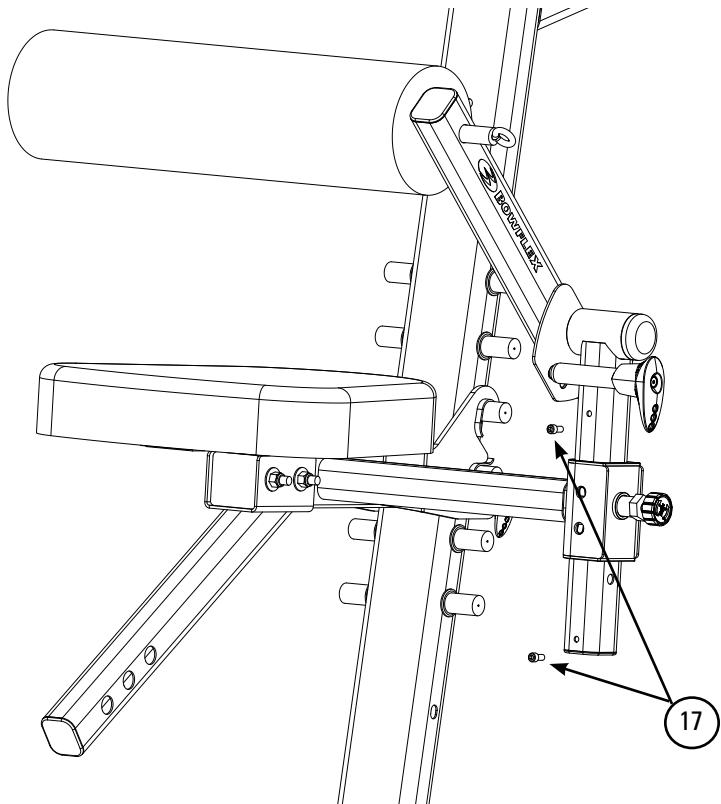


Figure 5b - view from front of seat

Parts:

- Upper Assembly from Step 4
- Seat Assembly from Step 3

Hardware:

- (2) 1/4 X 1/2 inch Bolt - Item 17

Tools:

- 3/16 Hex Wrench

Assembly Steps:

5-1 Insert the Upper Assembly in the side bracket on the Seat Assembly (**Figure 5a**). Lock the Upper Assembly in the #2 position with the Lock Knob (5).

5-2 Screw one 1/4 X 1/2 Bolt (17) into the lowest hole on the Upper Assembly support. See **Figure 5b**. Screw the other 1/4 X 1/2 Bolt into the highest hole on the support.

STEP 6: Install Roller Pads

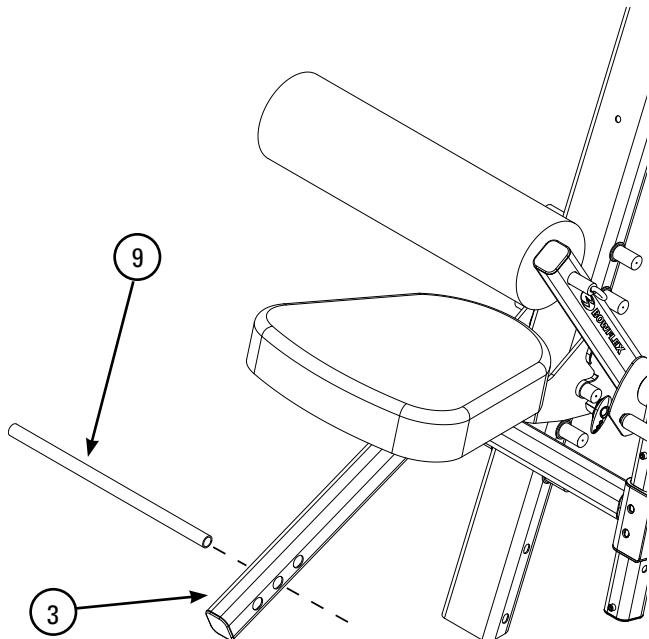


Figure 6a

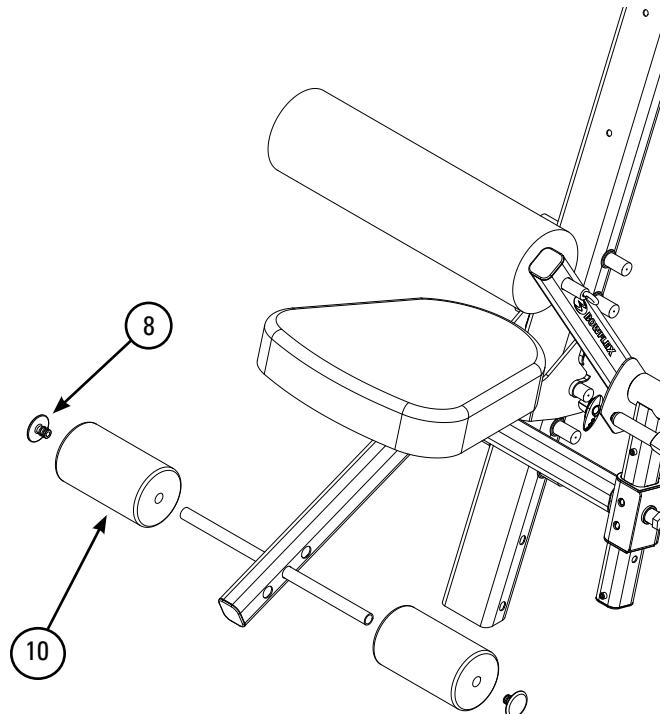


Figure 6b

Parts:

- Ab Crunch Assembly from Step 5
- (1) Extension Tube - Item 9
- (2) Foam Roller Pad - Item 10
- (2) End Cap - Item 8

Assembly Steps:

- 6-1 Insert the Extension Tube (9) through the mounting hole in the Leg Extension (3). See **Figure 6a**.
- 6-2 Slide a Foam Roller Pad (10) onto each end of the Extension Tube (9) and secure with End Caps (8). See **Figure 6b**.

Assembly Instructions

STEP 7: Final Inspection

Please inspect your exercise equipment to ensure that all fasteners are tight and components are properly assembled. Review all warnings affixed to machine.

Congratulations! You have successfully completed assembly and installation of your Bowflex® Gym Style Ab Crunch Station!



WARNING

Failure to visually check and test assembly before use can cause damage to the Bowflex® Gym Style Ab Crunch Station and Home Gym, and serious injury to users and bystanders, and can also compromise the effectiveness of your exercise program.

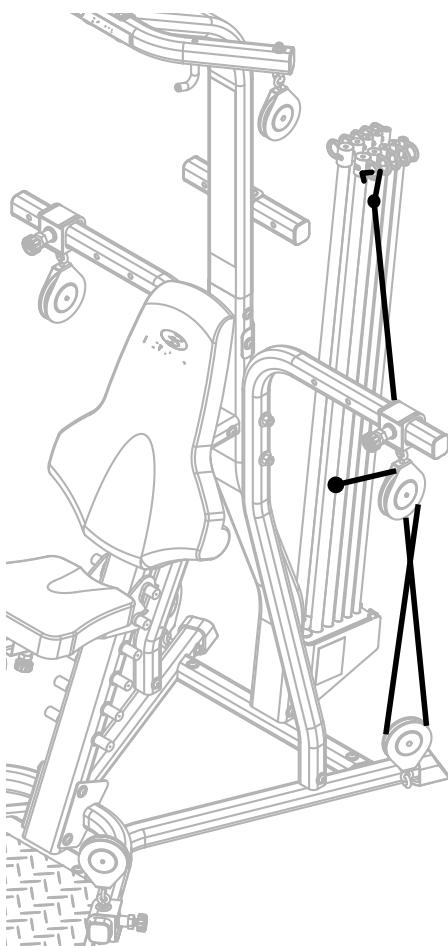
How to Use Your Gym Style Ab Crunch Station

Pulley Position and Cable Routing

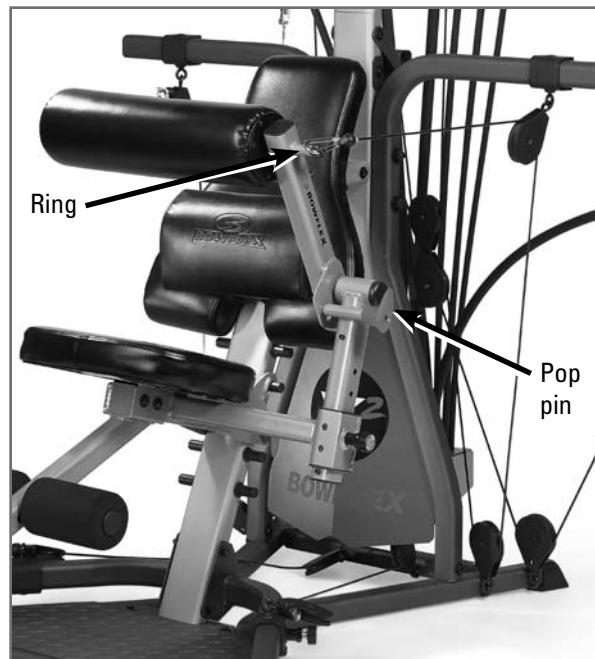
The Gym Style Ab Crunch Station connects only to the pulley cable on the same side as the attachment's side support. When using the Ab Crunch Station attachment, secure the slider pulley in one of the mid-bar positions on the Chest Bar. The pulley should align with the ring on the attachment's side support.

Make sure that the pop-pin on the side support is engaged before you attach the cable from the slider pulley to the ring on the side support. Attach the cable to the side support ring with the carabiner (snap hook) before you attach the other end of the cable to Power Rod® resistance.

Refer to the illustrations below for proper cable routing.



Active pulley is on the Chest Bar.



Cable connects to ring on Gym Style Ab Crunch Station side support with carabiner (snap hook).

How to Use Your Gym Style Ab Crunch Station

The Gym Style Ab Crunch Station gives you the ability to strengthen the muscles of the abdomen by safely adding resistance to abdominal exercises. When using the ab crunch station, position the pulley on the chest bar to align with the cable hookup on the upper pad assembly.

Adjust the seat and the lumbar support pad to fit your height. You can also adjust the height of the upper pad assembly to fit your individual chest space requirements. When the adjustments are complete, lock the pop-pin on the side support. Connect the chest bar pulley cable: first to the ring on the upper pad assembly, then to the desired Power Rod® resistance.

Position yourself comfortably and securely on the seat. With your right hand, push slightly forward on the round chest pad to take pressure off the pop-pin that holds the Upper Assembly in the pre/post exercise position. With the left hand, slowly and firmly pull the pop-pin out, and rotate it one quarter turn to position the small stop pins in the pin saddle. This will enable the Upper Assembly support arm to pivot freely during your exercise. Before exercising, ensure that the pop-pin is seated securely in the “out” position. Slowly release your right hand to let the tension on the cable bring the chest pad to rest on your pectorals. You can now begin the exercise.

After completion of your exercise, make sure you engage the pop-pin prior to exiting and disconnecting the cable from the ring.

Safety:

- Before using ab crunch station, make sure that the seat is secured on the seat support rail with the Seat Locking Pin.
- Always use the lock knob on the slider to secure pulleys. Do not allow pulleys to change position during any exercise.
- Lock the pivoting arm in place with the pop-pin before and after using the ab crunch station.

Lumbar Support Pad

The lumbar support pad increases the effectiveness of the Abdominal Crunch exercise by increasing extension of the back.

Place the lumbar support pad on the padded upholstery of the Seat Back, and fasten the adjustment straps behind the Seat Back.

Adjust the height of the lumbar support pad as needed for a comfortable exercise position. The pad should be positioned below your shoulder blades and above your hips. This optimum position will be different for each person.



Maintenance

Daily

After each use, wipe the equipment free of sweat with a clean, dry cloth. Upholstery can be cleaned with a mild detergent or spray cleaner.

Weekly

If used often, your attachment should be thoroughly cleaned using a clean cloth and an ammonia based cleanser. Wipe the unit down completely and be sure to touch up any scratches with touch up paint to prevent rusting.

Monthly

Check the frame of the unit for any sign of cracking or permanent bending. If you find this situation, do not use the attachment and contact Bowflex Service immediately.

Workout Guide

Working Out

A workout begins in your mind's eye. With concentration and visualization you can approach your workout with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax, so that you can focus on what you are about to do and think about achieving your end goal.

Warming Up

We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex® home gym.

Your Routine

The workout portion of your fitness routine is the series of exercises devoted to your particular goals. Remember, make sure to have fun!

Cool Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. Remember to gradually move yourself into a relaxed state.

Breathing

The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

- 1) Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. DO NOT hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
- 2) Allow breathing to occur, naturally, don't force it.

Exercises

Abdominal Crunch

Muscles worked:

Rectus abdominus, obliques

Position:

Seated – facing outward

Accessory:

Gym Style Ab Crunch Station, Lumbar Support Pad

Pulleys:

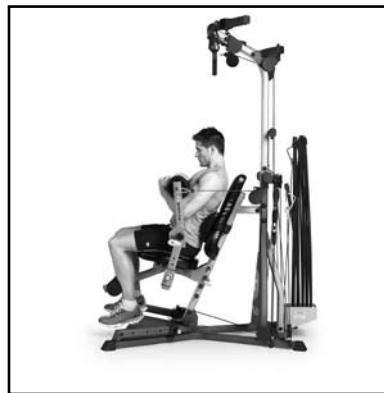
Chest bar, mid position

Before You Begin:

Attach Lumbar Support Pad to seat back.

Key Points:

- Position the Lumbar Support Pad below the shoulderblades and above the hips, and adjust to a comfortable location on the seat back.
- Allow exhalation down and inhalation up, but don't exaggerate it.
- Head should follow rib motion, not lead it. Maintain normal neck posture.
- Tighten abs throughout range of

**ACTION**

motion. Do not let abs relax until set is over.

- MOVE SLOWLY, in a controlled motion, to eliminate momentum.

START

- Once you are seated with the Lumbar Support Pad positioned correctly, mid back can start out with a slight arch, knees and hips bent and feet flat on floor.

Lower Back Extension

Muscles worked:

Lower back (erector spinae, deep spinal muscles), gluteus maximus, hamstrings

Position:

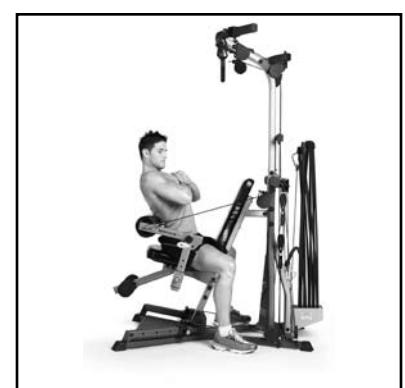
Seated – facing inward

Accessory:

Gym Style Ab Crunch Station

Pulleys:

Chest bar, mid position

**ACTION**

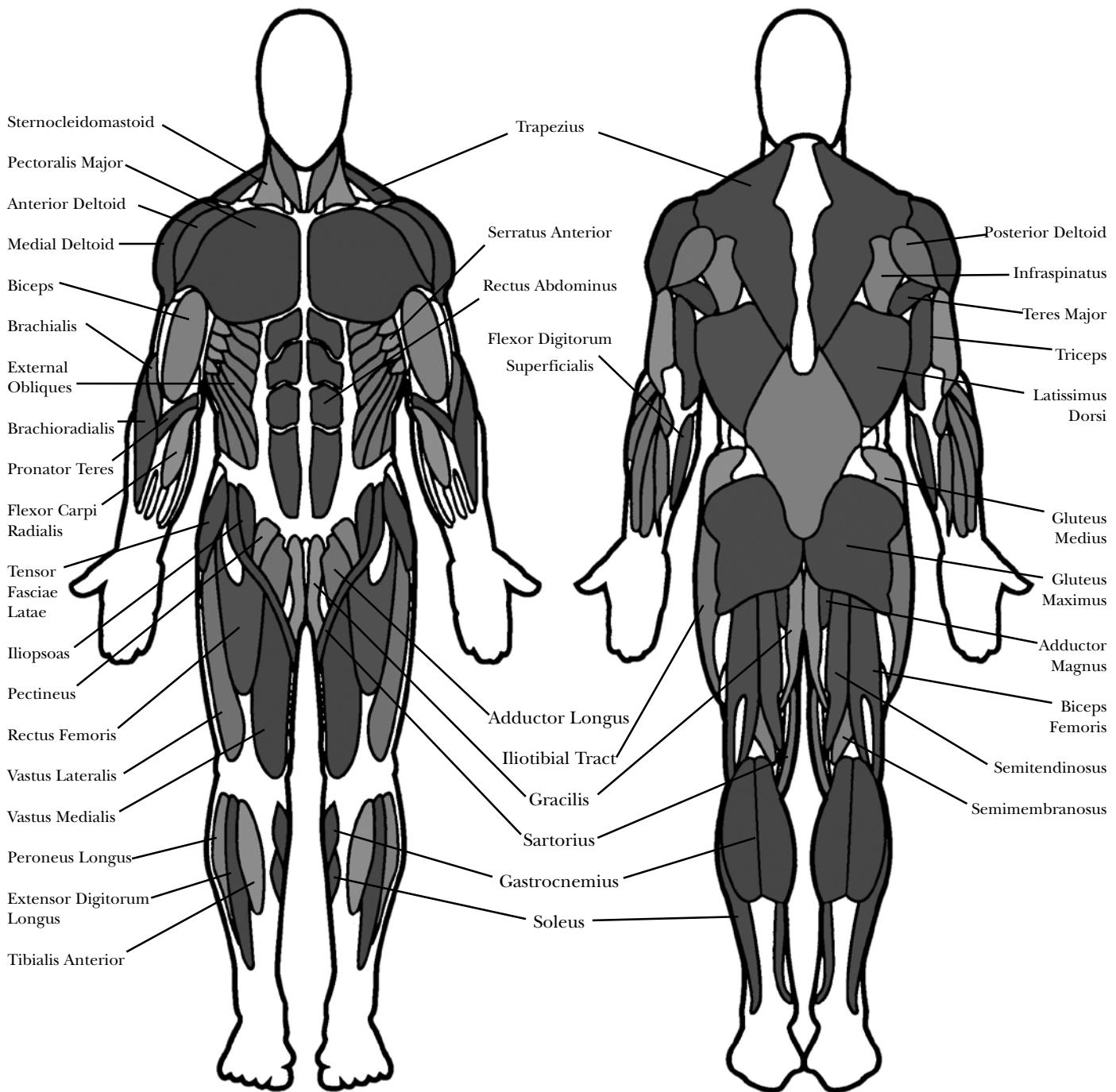
START

- Sit on the seat facing the machine.
- Keep feet flat on the floor.
- Lift the chest and maintain a slight arch in the lower back.
- Lean forward from the hips, slightly letting out tension in the cables.

ACTION

- Keep chest lifted and move the entire torso back as a unit, pivoting at the hips.
- Slowly return to the starting position without slouching forward or changing spinal alignment.

Muscle Chart



Limited Warranty

What is Covered

Warrants to the original purchaser of this Bowflex® product that the equipment is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser. Tampering with the unit will void the warranty.

Warranty Period

The parts of this product are warranted to the original purchaser for six (6) weeks from date of original purchase.

Warranty terms may differ outside the USA.

Warranties Do Not Cover

- Damage due to use by persons who weigh more than 300 lbs (136kg).
- Damage due to normal wear and tear.
- Damage due to abuse, accident, failure to follow instructions or warnings, misuse, mishandling, accident or Acts of God (such as floods or power surges).
- Use in any institutional or commercial settings such as health clubs, schools, or recreation centers.
- Consequential or incidental damage. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

What We Will Repair

During your Warranty Coverage Period, Nautilus, Inc. will repair any Bowflex® equipment that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc., at its option, will either replace your equipment or refund your purchase price, less shipping and handling.

How To Obtain Service

To obtain service for a Bowflex® Fitness Product, contact an authorized Bowflex® Fitness Retailer. You may also contact a Nautilus representative at 800-628-8458 to help you locate a dealer in your area.

How State Law Applies

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Bowflex® Gym Style Ab Crunch Station Warranty Registration Card

IMPORTANT! MAIL WITHIN 30 DAYS OF PURCHASE

PLEASE PRINT CLEARLY – THANK YOU

Mr. Mrs. Ms. Miss

Customer ID from Invoice:

Name:

Address: Apt. #:

City: State: Zip:

Phone number: () - EXT.

E-Mail address:

Is this your primary address? Yes No

Place of purchase:

Date of purchase: M M D D Y Y

Purchaser date of birth: M M D D Y Y

Gender: Male Female

Marital status: Married Single

Including yourself, total number of people living in your household: (Examples: 01, 02, 03 ...)

Would you like to receive additional information on healthy lifestyle products? Yes No

Which best describes your family income: (US dollar figures)

Under \$15,000 \$25,000 – \$34,999 \$50,000 – \$74,999 \$100,000 – \$149,999
 \$15,000 – \$24,999 \$35,000 – \$49,999 \$75,000 – \$99,999 Over \$150,000

What other types of exercise equipment do you own?

Did you receive this item as a gift? Yes No

Name of original purchaser:

Original purchaser customer ID number:

Please check here if you would prefer not to obtain information on new and interesting opportunities from other exciting companies.
Thanks for filling out this questionnaire. Your answers are important to us.

What Is Covered

Nautilus, Inc. warrants to the original purchaser of this Bowflex® product that the equipment is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser. Tampering with the unit will void the warranty.

Warranty Period

- 6 weeks on parts

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- Damage due to use by persons who weigh more than 300 pounds (136 kg).
- Damage due to normal wear and tear.

- Damage due to abuse, accident, failure to follow instructions or warnings, misuse, mishandling, accident or Acts of God (such as floods or power surges).
- Use in any commercial or institutional settings such as health clubs, schools or recreation centers.
- Consequential or incidental damage. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

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**Place
Stamp
Here**

**Nautilus, Inc.
World Headquarters
16400 S.E. Nautilus Drive
Vancouver, Washington, USA 98683**

Important Contact Numbers

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

OFFICES IN THE UNITED STATES:

- **TECHNICAL/CUSTOMER SERVICE**

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Email: customerservice@nautilus.com
Fax: 877-686-6466

- **CORPORATE HEADQUARTERS**

Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL OFFICES:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- **INTERNATIONAL CUSTOMER SERVICE**

Nautilus International S.A.
Rue Jean Prouvé 6
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